



*"One Team, Supporting Military Missions and Family Readiness!"*

**SALUTE TO THE UNION**

JULY 4, 11:30 a.m. FSH Main Flagpole

# Getting green: Conserving energy at JBSA

By Steve Elliott  
 FSH News Leader

Getting greener at work isn't about buying more potted plants for your cubicle, but how Joint Base San Antonio can develop a new consciousness about old habits and a willingness to take on new ones.

After all, most people spend 40 hours or more at their office, so wouldn't it make sense to try out some new energy-saving tricks? Saving energy isn't just about saving the earth; it also can save the government money and it's the responsible thing to do.

According to the Environmental Protection Agency (<http://www.energystar.gov>), about 30 percent of energy consumed by office buildings is used inefficiently.

Additionally, about 17 percent of greenhouse gas emissions come from commercial buildings' energy use.

The Energy Information Administration (<http://www.eia.gov>) estimates that if commercial and industrial buildings improved their energy efficiency by 10 percent, our economy could see yearly savings of nearly \$20 billion.

See **ENERGY, P11**

## 470TH CERTIFICATION EXERCISE



Photo by Gregory Rippes

A Soldier on a signals intelligence team takes a position during a certification exercise on Camp Bullis in late May.

## Patrick to take over Second Air Force; change of command July 18

Brig. Gen. Leonard A. Patrick, commander, 502nd Air Base Wing/Joint Base San Antonio, has been selected as commander, Second Air Force, Air Education and Training Command, Keesler Air Force Base, Miss.

In this new position, Patrick will be responsible for the development, oversight and direction of all operational aspects of basic military training, initial skills training and



Brig. Gen. Leonard A. Patrick



Brig. Gen. Theresa C. Carter

advanced technical training for the Air Force enlisted force and support officers. He has held his present position since July 2009.

The Second Air Force mission is to produce the world's best trained, combat ready Airmen to sup-

port combat readiness as we build the world's most respected air and space force.

To carry out this mission, Second Air

Force manages all operational aspects of nearly 2,500 active training courses taught to approximately 245,000 students annually in technical training, basic military training, initial skills training, advanced technical training and distance learning courses.

Training operations across Second Air Force range from intelligence to computer operations to space and missile operations and maintenance.

Courses are primarily taught at four resident training wings – the 81st Training Wing at Keesler AFB, Miss.; the 17th Training Wing at Goodfellow AFB, Texas, the 37th Training Wing

at Lackland AFB and the 82nd Training Wing at Sheppard AFB, Texas; and the 381st Training Group located at Vandenberg AFB, Calif.; and a network of 92 field training units around the world. The 37th TRW also oversees the Inter-American Air Forces Academy at Lackland AFB. In addition, Second Air Force oversees the Defense Language Institute's school at Lackland AFB

Since 2006, the Second Air Force has overseen all U.S. Air Force Airmen throughout the Joint Expeditionary Tasking/Individual Augmentee training pipe-

See **PATRICK, P13**

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# Heat kills: Drink water, rest often, officials stress

By L.A. Shively  
FSH News Leader

Heat is the number one weather-related killer in the United States, according to the National Weather Service, with more fatalities per year than floods, lightning strikes, tornadoes and hurricanes combined.

Weather safety officials have issued a heat advisory for this area, meaning that hot temperatures and high humidity will continue and safety precautions while working outside should be taken.

In Texas, the hottest part of the day is generally between 4 and 7 p.m., according to the National Weather Service's National Digital Forecast Database.

San Antonio is ranked No. 8 nationally for large U.S. cities where the temperature most often climbs to 100 degrees Fahrenheit, according to Current Results (<http://www.currentresults.com/Weather-Extremes/US/hottest-cities.php>).

The Alamo City also averages 89 days a year of more than 95 degrees Fahrenheit.

Record temperatures coupled with high humidity may cause illnesses such as heat cramps, heat exhaustion, hyperthermia with prolonged

exposure and physical activity outdoors.

Heat cramps occur after excessive loss of water and salt from the body. Heat exhaustion occurs after too much exercise or physical labor.

With either condition, the body overheats which can quickly progress to heatstroke.

Known as heatstroke, hyperthermia is a condition where the body can no longer cool itself properly.

In very humid air, sweat cannot evaporate and instead, collects on the skin raising the body's temperature.

Heatstroke killed more than 30 people last year, according to the U.S. Department of Labor.

Nausea, vomiting, fatigue, headache and dizziness are some symptoms associated with heatstroke.

Caffeine, alcohol, and many prescription and over-the-counter medications cause dehydration, impair sweating or increase the body's heat production, which contributes to sunstroke.

Each year, children die from hyperthermia as a result of being left in parked cars.

Studies have shown that the temperature inside a parked vehicle rises rapidly to dangerous

levels for children, adults and pets alike.

Leaving windows slightly open makes no difference, according to the National Weather Service. Hyperthermia can occur even on a mild, cloudy day.

Sunburn can also significantly retard the skin's ability to shed excess heat, the NWS notes.

"If working outdoors, use common sense, follow the work-to-water ratio and follow the wet bulb - know what it is and monitor your military personnel," said William Johnson, Fort Sam Houston's safety manager.

Unlike the heat index referred to by television weather forecasters, the Wet Bulb Globe Temperature index Johnson discussed also accounts for wind and sun strength.

Johnson suggests each unit purchase a WBGT kit so that supervisors will be better able to determine work-rest cycles and water consumption rates for their personnel.

Updated WBGT readings and a Work/Rest and Water Consumption Table are online in a downloadable document at <http://www.samhouston.army.mil/weatherUpdate/FSH-WeatherConditions.doc>.

Rest means minimal physical activity and should be accomplished in the shade with adequate air circulation and without additional clothing or protective equipment, according to U.S. Army Technical Bulletin Medical 507/Air Force Pamphlet 48-152.

Heat stress can also reduce mental performance, which is prob-

ably indirectly caused by thermal discomfort from high skin temperature, high skin wettedness and cardiovascular strain, according to TB MED 507. It can also slow reaction and decision times.

"Although personnel may have drunk water, it may not have been enough to hydrate," Johnson stressed.

"As we move into the summer months, it is very important for workers and employers to take the steps necessary to stay safe in extreme heat," said Occupational Safety and Health Administration Assistant Secretary Dr. David Michaels.

"Drinking water often, taking breaks and limiting time in the heat are simple, effective ways to prevent heat illness."

## Weekly Weather Watch

	Jun 23	Jun 24	Jun 25	Jun 26	Jun 27	Jun 28
<b>San Antonio Texas</b>	95° Isolated T-Storms	95° Partly Cloudy	96° Sunny	98° Sunny	98° Sunny	98° Sunny
<b>Kabul Afghanistan</b>	93° Sunny	94° Sunny	95° Sunny	94° Sunny	91° Sunny	90° Sunny
<b>Baghdad Iraq</b>	112° Sunny	112° Sunny	112° Sunny	111° Sunny	111° Sunny	109° Sunny

(Source: The Weather Channel at [www.weather.com](http://www.weather.com))



## News Briefs

### Dedication of MIF-5

The U.S. Army Medical Department Center and School and the Medical Education & Training Campus will dedicate Medical Instructional Facility 5 as Sgt. 1st Class Benjamin L. Sebban Hall during a ceremony June 24 at 8 a.m. at 1398 William Hardee Road.

### Wilford Hall Emergency Department Closing

The Wilford Hall Medical Center Emergency Department will close effective June 30 and become an Urgent Care Center effective July 1. Emergency services are still available at Brooke Army Medical Center. For minor illnesses or injuries, call 916-9900 for an appointment with your primary care manager prior to coming to the Urgent Care Center for care.

### 4th of July Salute to the Union

Fort Sam Houston's 4th of July Salute to the Union features 50 cannons fired in succession saluting each of the 50 states. Members of the Sons of the American Revolution in period uniform will ring a commemorative bell 13 times to honor the original 13 colonies of the United States of America. The Army Medical Command Band will provide patriotic music. The ceremony commences at 11:30 a.m. at the post flagpole on Stanley Road.

### Pre-Command Course

This course for new first sergeants and company commanders will be held Aug. 2-5. The intent is to provide new company leadership a full understanding of garrison resources available to assist them during their time in command at Fort Sam Houston. Briefing will be given by various garrison organizations the first three days with a tour of training facilities at Camp Bullis the fourth day. Register by July 28. Call 295-9006.

### Juvenile Curfew Hours

On post housing curfew hours

See NEWS, P4

# BAMC prescription refill policy change, state-of-the-art technology improves service

By Maria Gallegos  
BAMC Public Affairs

Brooke Army Medical Center pharmacy is introducing two new methods to improve the safety of controlled substances prescription drugs and the distribution of prescription medications.

The length and refills of controlled substance prescription medications is scheduled to change in the BAMC pharmacies.

According to the new Army Medical Command policy effective June 15, providers prescribing Schedule II drugs will only write prescriptions for up to a 30-day supply with no refills.

Schedule III through Schedule V drugs may be written for up to 30 day supply with up to five refills with the exception of Attention Deficit Hyperactivity Disorders, which may be

dispensed for a 90-day supply with no refills. These changes are only implemented to Army-run pharmacies at this time.

"This new policy was recognized by the Army because they want to decrease high-risk medication use due to rates of accidental deaths, suicide and overall abuse potential," said Col. Thirsa Martinez, BAMC deputy commander for Allied Health.

The following list contains examples of the five schedules or classifications placed by the Department of Justice and the Department of Health and Human Services, including the Federal Drug Administration.

Schedule I Drugs - No medical use

Schedule II Drugs - This schedule includes morphine, Fentanyl, amphetamines and

See BAMC, P22



Photo by Maria Gallegos

A BAMC pharmacist reviews and checks the prescription medications after the robotic system dispense the medications before it is given to the patients. The system will provide robotic medication dispensing, easy-to-read prescription labels to include line drawings and description of medications, bar-coded workflow management, electronic prescription scanning and a required patient signature to ensure they received their full order.

## Fort Sam Houston Mission Contracting Center stands up July 3

By Daniel P. Elkins  
Mission and Installation  
Contracting Command Public  
Affairs Office



Courtesy photo

The Director of the MCC-Fort Sam Houston will be April Miller, who has served as the MICC acting deputy to the commander since July 2010.

within the Army enterprise.

Serving as director of the MCC is April Miller, who has served as the MICC acting deputy to

the commander since July 2010.

The MCC-Fort Sam Houston will ultimately consist of 15 employees who will make up a command and control element, contract operations, administrative operations and special staff. Its primary customers will be Headquarters Installation Management Command, U.S. Army North and Fort Sam Houston mission partners.

Initially aligned under the MCC will be the Fort Sam Houston mission contracting office and installation contracting offices at Fort Buchanan, Puerto Rico, and Miami.

The MICC's subordi-

nate units are responsible for working with installation leadership to translate their requirements into contracted materials and services in support of Soldiers and their families.

Headquartered at Fort Sam Houston, the MICC began the process of restructuring its contracting centers and installation contracting offices under the eight MCCs earlier this year to improve customer service and workload distribution.

MICC officials said the new level of management establishes a more effective span of control and contributes to the standardization of procedures and processes.

Two mission contracting centers have already stood up at Fort Eustis, Va., and Fort Bragg, N.C.

The MICC plans to stand up other mission contracting centers through the remainder of this year at Fort Belvoir, Va.; Fort Hood, Texas; Fort Leavenworth, Kan. Fort Knox, Ky.; and Joint Base Lewis-McChord, Wash.

The MICC is responsible for planning, integrating, awarding and administering contracts in support of Army commands, direct reporting units, U.S. Army North and other organizations to provide the best value for the mission, Soldiers and their families.



# News Briefs

## from P3

for children 17 years old and younger are Sunday-Thursday 10:30 p.m. to 6 a.m. and Friday and Saturday midnight to 6 a.m. Call 221-2222 to report illegal, unusual or unsafe activity on post.

## ID Card Appointments

The One Stop/Welcome Center, Building 367 on Stanley Road is open to walk in customers Monday-Friday 7:30-11 a.m. or the first 50 people and the first Saturday of each month 8 a.m.-noon. Appointments can be made online at <http://appointments.cac.navy.mil/appointment/building.aspx?BuildingId=23>. Appointment hours are Monday-Friday 1-3 p.m. Call 221-0415 for information.

## Personal Property Moves

Due to the summer peak moving season, shipment requests require a minimum four weeks' notice from date of pickup. It is paramount that service members contact the transportation office as soon as they receive orders and/or to immediately establish a login ID in Defense Personal Property System to initiate their move. Call 221-1605 or stop by Building 367 for more information.

## Shortage of Household Goods Carriers

HHG carriers have blocked most of June through mid July for arranging shipments. Transportation Offices are improvising/evaluating every option to arrange HHG pickups. Individuals' household goods may not be picked up or delivered on desired dates. Customers should be flexible and commanders and supervisors need to ensure people are afforded time to properly coordinate moves to avoid last minute requests. Call the Traffic Management Office at 221-1605 or stop by Building 367 for more information.

## Baggage Fees

Many airlines charge baggage fees, which may increase depending on the number of bags checked. Passengers should contact their airline carrier prior to their flight for baggage guidelines and fees.

# POST CELEBRATES ARMY'S 236TH BIRTHDAY



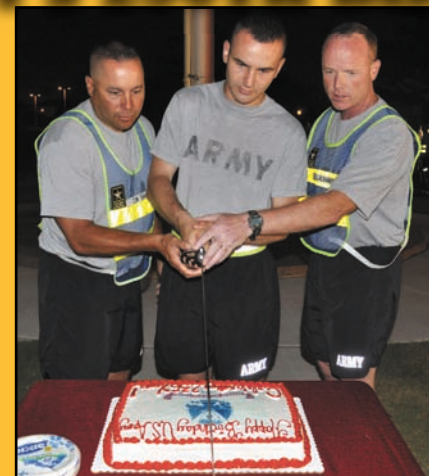
Photo by Esther Garcia

The 18-member Color Guard from the Noncommissioned Officers' Academy await their cue to raise the 20-by-38-foot Garrison Flag, honoring the U.S. Army's Birthday and Flag Day at the post flagpole June 14. Hundreds of Soldiers, with cadre, arrived early to celebrate the Army's 236th birthday, hosted by the 32nd Medical Brigade.

## ARNORTH CELEBRATES ARMY'S 236TH BIRTHDAY

Lt. Gen. Guy Swan III, commanding general of U.S. Army North cuts a birthday cake with Pfc. Shay Williams to commemorate the celebration of the U.S. Army's 236th birthday June 14 at Fort Sam Houston's Dining Facility 3. Traditionally, the oldest Soldier and the youngest Soldier join together to cut a ceremonial birthday cake. Williams, 18, from Fort Worth, Texas, is a student assigned to the 32nd Medical Brigade.

Photo by Sgt. Maj. Eric Lobsinger



(From left) 32nd Medical Brigade Command Sgt. Maj. Harry Tharp, Pfc. Allen Workman, the youngest Soldier attending the celebration, and brigade commander Col. William LaChance, cut the Army Birthday cake to celebrate the Army's 236th Birthday following reveille June 14 at the post flagpole.

Photo by Esther Garcia



Photo by Phil Reidinger

Command Sgt. Maj. David Litteral, Army Medical Department NCO Academy commandant, and Rita Van Autreve enjoy a quiet moment following the grave side wreath presentation in memory of Sgt. Maj. of the Army Leon Van Autreve June 14. Flag Day and the Army's birthday were always celebrated by the raising of a new flag and a celebration of the Army's history at the Van Autreve home in San Antonio. The annual event was moved to the national cemetery following Van Autreve's death Mar. 14, 2002.

## Fort Sam NEC named best in 106th Signal Brigade

By Lori Newman  
FSH News Leader

The 106th Signal Brigade commander presented the Fort Sam Houston Network Enterprise Center an award for being the best within the brigade during an impromptu ceremony June 15.

Now that it won the 106th Signal Brigade Medium Network Enterprise Center of the Year award, the next level of the competition is at the 7th Signal Command level, explained Col. Chris Haigh, 106th Signal Brigade commander.

If the FSH NEC wins there, it will go on to compete on the Army level at U.S. Army Network Enterprise Command.

"Hopefully, this is the first of three celebrations," Haigh said.

The brigade headquarters received about 12 or 13 submissions for each category, explained Haigh.

"When we looked at those, across the board, the team at Joint Base San Antonio Fort Sam Houston quickly rose to the top."

Haigh sighted some of the challenges the NEC faced such as manpower issues, the Base Realignment and Closure which

created both new growth and moves on the installation, supporting multiple mission partners and the implementation of the Thin Client pilot for Installation Management Command.

"On top of that, something you have done very well is taking care of the most important asset the Army has," Haigh said. "That's our Soldiers and civilians who train here and work here at Fort Sam Houston."

"I'm glad I submitted the paperwork for this award because

See NEC, P13



Photo by Lori Newman

Col. Chris Haigh, 106th Signal Brigade commander, presents Mario LaMaestra Jr., Fort Sam Houston Network Enterprise Center director, the 106th Signal Brigade Medium Network Enterprise Center of the Year award June 15.

## TECH EXPO



**Photo by Lori Newman**

Linda Odem and Carrie Beavers from Consolidated Office Systems were one of several booths showcasing their products at the Fort Sam Houston Tech Expo June 15 at the Sam Houston Club. The Tech Expo is held twice a year to expose the Fort Sam Houston community to the latest technology in secure communication, workstations, biometrics, IT products, storage solutions and distance learning.



# Star-studded grand opening for newest FSH fitness center

By Deyanira Romo Rossell  
502nd FSS Marketing

Fitness is foremost at Fort Sam Houston.

To stay on track, the 502nd Mission Support Group inaugurated the newest addition to the post's athletic facilities, the Fort Sam Houston Fitness Center at the Medical Education and Training Campus, June 20.

Members of the San Antonio Silver Stars WNBA basketball team and the U.S. Army Medical Command Band joined 502nd Mission Support Group commander Col. Mary Garr and a number of Soldiers, Sailors, Marines, and Airmen to celebrate the opening of the state-of-the-art gymnasium.

"When you finish

your training here, we need to make sure you are well-rounded and trained mentally, spiritually and physically," Garr said. "We want to make sure you are prepared to face combat and other adverse situations."

The gym is located at 3569 Williams Way, Building 1369. It features 150 pieces of the newest in fitness equipment, including treadmills, ellipticals, stair climbers, stationary bikes and four lines of weights.

The cardio equipment, with cable television, and a gymnasium with three full-size basketball courts each, have their own areas on the first level with a view to an elevated running track on the second level.

"If you don't like running in 104 degree heat outside, you will really enjoy this indoor running track," Garr said.

An exercise room with 20 spinning bikes and an extra room for aerobics or other classes rounds out the bottom floor. The exercise room also has a projection screen and DVDs, giving spinners virtual roads to travel on their journey to stay in shape.

Silver Stars forward Danielle Adams shot some hoops with service members on the new courts.

"It's amazing to be here, surrounded by these people who serve our country," said Adams, a member of the 2011 national champion Texas A&M women's basketball team who



was drafted by San Antonio. "This is a great gym for them."

Other service members gave the weights their first work out.

"This is very much appreciated," said Pfc. Greg Bauer, with Company B, 187th Medical Battalion, who benched the brand-new

free weights. "I want to be here every day. It is really nice that Fort Sam Houston is building facilities for us and keeping us fit,"

The ROSS Group constructed the \$14 million dollar facility with the supervision of the Army Corps of Engineers and the METC Transforma-

tion and Integration Office. "The beauty of this is that we were able to take the best of all three services and tailor this gymnasium to the needs of our joint base here," said Scott Griffin, the METC TIO facilities lead

Photo by  
Deyanira Romo Rossell

**See METC, P20**

# 201st MI Battalion volunteers deliver meals to elderly

By Capt. Colin Pascal  
201st Military Intelligence  
Battalion

A dozen Army members found fitting community service when they went “rolling along” with Meals on Wheels June 3.

The volunteers, who belong to Company A of the 470th Military Intelligence Brigade’s 201st Military Intelligence Battalion, hooked up with the local Meals on Wheels program to deliver 70 meals to homebound elderly people in the San Antonio area.

In addition to delivering the meals, the Soldiers took time to visit with the people to whom they brought the food.

“Volunteering for Meals on Wheels ... reminded us that there are many forgotten people outside our little worlds,” said Staff Sgt. Alicia Lister, who led the company volunteer effort. “These people aren’t just physically hungry; they’re emotionally hungry as well.”

The few minutes the Soldiers spent with them may have been the only direct, personal interaction they had with other people that day. Many of them were veterans who seemed to relish the chance to speak with a Soldier.



Photo by Sgt. 1st Class  
Lynn Schweigert

Staff Sgt. Tricia Yamagata loads meals into a vehicle prior to making the rounds. She and other Soldiers from the 201st Military Intelligence Battalion volunteered to help Meals on Wheels, a program that delivers meals to elderly people who are homebound.

The volunteers felt extraordinarily well received by the people to whom they delivered meals. Now they and others in the unit are looking for more ways to perform community service.

“Ever since we got back from delivering those meals, people from my company have come to me with more volunteer ideas,” Lister said. “That’s what happens when you volunteer ... you realize how great it is.”

## Thought of the Week

*Whatever you do may seem insignificant, but it is most important that you do it.*

— Mahatma Gandhi

# New contingency aeromedical staging facility opens

By Linda Frost

59th Medical Wing Public Affairs

Wilford Hall Medical Center continues its long tradition of healing as it takes on a new mission to provide a temporary staging facility here for ill or injured service members returning from overseas.

In support of the war on terrorism, the 59th Contingency Aeromedical Staging Facility, or CASF, opened June 13 to support the patients in the military air evacuation system.

A team of trained experts will provide medical care and keep patients comfortable for 12 to 72 hours while awaiting transportation to their final destination.

The 59th CASF is referred to as a contingency facility since it is not

part of the 59th Medical Wing's permanent mission. It will remain as long as patient flow mandates the need.

The operation came together quickly after a tasking from the Air Mobility Command, Scott Air Force Base, Ill., to provide a central location within the United States with enhanced medical care and the ability to move patients safely and expeditiously to various locations stateside.

"Texas, being centrally located, along with state-of-the-art medical facilities at Fort Sam Houston, specialty care at Wilford Hall, and our proximity to the Kelly flight line, made locating the CASF here operationally sound," said Maj. Gen. Byron Hepburn, commander, 59th Medical Wing. "It is a collabora-



Photo by Senior Airman Kevin Innuma

Air Force senior leaders opened the 59th Contingency Aeromedical Staging Facility with a ribbon cutting ceremony June 13 at Wilford Hall Medical Center. The CASF mission will provide medical care and a comfortable holding area for wounded warriors while awaiting transportation to their final destination. Cutting the ribbon are (center, left to right) Air Force Reserve Col. Debora Esque, 59th CASF commander; Maj. Gen. Byron Hepburn, 59th MDW commander; Maj. Charlotte Knight, 59th CASF flight commander; and Chief Master Sgt. Richard Robinson, 59th MDW command chief, as CASF staff members watch.

tive effort with our Army colleagues at Fort Sam Houston."

The 59th CASF is one of many strategically placed units across the

United States. Other primary staging facilities are located at Andrews Air Force Base, Md.; Scott AFB, Ill.; Travis AFB, Calif.; and Hickham AFB, Hawaii.

Military officials say they anticipate one flight per week direct from Ramstein Air Base, Germany to the Lackland AFB flightline, a short 10-minute drive from Wilford Hall.

The number of patients will vary and range from Marines, Soldiers, Sailors and Airmen. The critically injured will be transported immediately from Kelly to Brooke Army Medical Center.

"The ultimate goal is to get them to treatment facilities nearest their home, family or military installation," Hepburn said.

Currently, the contingency aeromedical staging facility is staffed by Air Force Reservists deployed from 14 states for a six-month period. In the future, it is expected active duty members will be assigned.

"This is an awesome opportunity for the Air Force Reserves and active duty to make this one mission, one fight," said Col. Debora Esque, 59th CASF commander.

The team consists of 43 medical personnel, including a doctor, physician's assistant, nurses, medical technicians and administrative staff. Two active duty Airmen from the 59th MDW serve as liaisons with the reservists and provide operational oversight.



# TRICARE shares food safety tips for summer months

By Sharon Foster  
TRICARE Management Activity

Whether planning a summer cookout with friends or a family camping trip, TRICARE beneficiaries should follow food safety precautions to help protect themselves and their guests from foodborne illness.

According to the Centers for Disease Control and Prevention, each year roughly one in six Americans (about 48 million people) gets sick, 128,000 are hospitalized and 3,000 die of foodborne illnesses.

Four common bacteria and a virus cause more than 90 percent of all foodborne illness in the U.S. They are: Salmonella, Clostridium perfringens, Campy-

lobacter, Staphylococcus aureus and Norovirus.

Foodborne illnesses tend to increase during the summer months for two reasons, according to the Department of Health and Human Services (HHS).

One reason is that bacteria tend to multiply faster when it's warm. Another reason is that people are cooking outside more, away from the refrigerators, thermometers and washing facilities of a kitchen.

"Just like indoors, when grilling or preparing food at a picnic,

it's important to follow food safety guidelines to prevent harmful bacteria from multiplying and causing illness," said U.S. Public Health Service Cmdr. Aileen Buckler, TRICARE population health physician.

The United States Department of Agriculture has several simple guidelines for cooking outdoors and grilling food safely:

- Purchase cold food like meat and poultry last
- Thaw meat and poultry before grilling
- Marinate food in the refrigerator, not

on the counter

- Keep food cold when carrying it to another location
- Keep everything clean; bring water for preparation and cleaning
- Precook food partially in the microwave, oven or stove to reduce grilling time
- Cook food to a safe minimum internal temperature to destroy harmful bacteria
- Keep cooked meats hot by setting them to the side of the grill rack
- Transfer food to a clean platter when taking it off the grill
- Refrigerate any leftovers promptly in shallow containers, or place on ice in a cooler if you are grilling at a location away from home

Food thermometers aren't just for holiday

roasts anymore. They're for all cuts and sizes of meat and poultry, including hamburgers, chicken breasts and pork chops. No one can tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

"Using a food thermometer when cooking meat, poultry and even egg dishes is the only reliable way to make sure that the delicious food you are preparing for your family is safe too," Buckler said.

For more detailed information on safe grilling and cooking temperatures, visit [www.foodsafety.gov/keep/](http://www.foodsafety.gov/keep/)

[charts/mintemp.html](http://charts.mintemp.html).

Even with proper attention to food preparation, foodborne illnesses can still occur. Some common symptoms and signs from eating contaminated food include: upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever and symptoms of dehydration, like lightheadedness or dizziness.

In most cases, foodborne illnesses are mild and can be treated by increasing fluid and electrolyte intake. Over-the-counter products for discomfort may also work. If symptoms persist or are severe in nature, medical attention should be sought immediately, particularly for young children and the elderly.

For more information on food safety, go to the HHS website, [www.foodsafety.gov/index.html](http://www.foodsafety.gov/index.html).



# SAUSHEC ceremony honors 225 medical graduates

By Richard Boggs  
SAUSHEC Manager

Dr. Kenneth Torrington, dean of the San Antonio Uniformed Services Health Education Consortium, honored 225 physicians and allied health care providers during the annual SAUSHEC awards and graduation ceremony June 10 in the University of Texas Health Science Center at San Antonio auditorium.

SAUSHEC is the sponsoring organization responsible for all military graduate medical education in San Antonio with two major training sites at Wilford Hall and Brooke Army Medical Centers and a close partnership with UTHSCSA. The ceremony, which

marked the culmination of years of postgraduate training for Air Force, Army, Navy, and civilian practitioners, was attended by more than 800 people.

During the graduation portion of the ceremony, 192 graduates from 34 graduate medical education programs and 33 graduates from 19 allied health care programs received certificates from 59th Medical Wing commander Maj. Gen. Byron C. Hepburn, Brooke Army Medical Center commander Maj. Gen. M. Ted Wong and Dr. Lois Bready, associate dean for graduate medical education at UTHSCSA.

The Surgeon General of the Air Force, Lt. Gen. (Dr.) Charles B. Green, gave the keynote address

in which he related with gentle humor a touching personal encounter with a serious illness of his own experienced earlier in his career.

He summarized his counsel to the graduates with, "For all of you, here is my message – this is about patients, not just about disease. Remember, next time it could be you!"

Green concluded his remarks with, "May God guide your hopes, healing hands, and hearts."

During the awards portion of the ceremony, Commanders' Awards were presented to nine residents and six fellows for excellence in research. Ten professionals were also honored.

**See SAUSHEC, P22**



Photo by Alan Boedeker

Col. Robert De Lorenzo (second from left) accepts the 2010 Gold-Headed Cane Award from Maj. Gen. Byron Hepburn, 59th Medical Wing commander (left), and Maj. Gen. M. Ted Wong, Brooke Army Medical Center commander (second from right) as Lt. Gen. Charles Green, Air Force Surgeon General, looks on. De Lorenzo, chief, Department of Clinical Investigations at BAMC, received the award June 10, in the University of Texas Health Science Center at San Antonio auditorium. The annual award recognizes a doctor from Wilford Hall or BAMC who represents excellence in patient care, academic achievement, clinical research and operational medicine.



## ENERGY from P1

The federal government is the largest energy consumer in the United States and has buildings all across the country, according to the Department of Energy.

In a typical year, federal buildings consume nearly 40 percent of all energy used by the government and represent 5 percent of all commercial buildings' energy consumption in the United States.

"We are now in the summer season and temperatures are high. We all want to stay cool," said Anthony Martinez, 502nd Air Base Wing energy manager. "Staying cool involves use of air conditioning, which consumes energy. More than 50 percent of JBSA's energy consumption comes from air conditioning.

"Any rise in AC use causes a rise in energy

consumption and cost," Martinez said. "The demands for trying to stay cool therefore translate directly back to consumption and cost. JBSA energy policy states that cooling season temperatures should be between 76 and 78 degrees Fahrenheit."

To allow air conditioning to be more efficient, air vents should be kept clear of papers and office supplies, since it can take up to 25 percent more energy to pump air through blocked vents, notes the eHow Money website ([http://www.ehow.com/list\\_5902928\\_energy-conservation-tips-workplace.html](http://www.ehow.com/list_5902928_energy-conservation-tips-workplace.html)).

In the spring and summer, open windows and use fans instead of air conditioning and use blinds to keep the sun from heating rooms, the website suggests.

"For every degree of temperature varia-

tion there is a 3 percent variation in consumption and cost. Our awareness of temperature settings should include the knowledge of why we have certain set points, which should give us patience in accepting what may seem to be uncomfortable," Martinez said.

"Temperature settings are established within acceptable comfort zones, they are not intended to 'punish' and should not negatively affect productivity."

Along with air conditioning and thermostat controls, there are other measures in consideration of energy usage.

Lighting is another big factor in energy consumption, Martinez said.

"We should replace all our incandescent bulbs with Energy Star-qualified compact fluorescent light bulbs. This can account for up to a 75 percent savings in lighting energy

consumption. They also last up to 10 times longer," he said.

"Also, turn off electrical appliances and power strips when not in use. Consider unplugging items with cooling motors and clocks when going on vacation. When not in use, these items are not necessary. Appliances – along with air conditioning – account for 90 percent of the energy used in the United States."

The Department of Energy (<http://www.energy.gov>) recommends turning off a computer's monitor if it's not going to be used it in the next 20 minutes or more.

If the user is away from your computer for more than two hours, the DOE advises saving energy by switching off the monitor.

And while they might be fun or pretty to look at, screen savers don't

save energy; they require full power from the monitor and the same amount of energy from the computer as when someone working away on a spreadsheet.

"Without conservation the cost of energy will go up. We could be paying more next year for the same or less energy consumption," Martinez stressed. "Energy conservation is a must to lower cost and retain our standards.

"Energy conservation is everyone's responsibility; you may consider ignoring it however in the end without control it can only negatively affect you," he added. "We should accept the responsibility, if not for our future, then for our pocketbook."

Here are some suggested websites to visit for more information about conserving energy in the workplace:

- Environmental

Protection Agency (<http://www.epa.gov/epahome/workplac.htm>)

- U.S. Department of Energy's Federal Energy Management Program Checklist ([http://www1.eere.energy.gov/femp/services/energy\\_aware\\_oec.html](http://www1.eere.energy.gov/femp/services/energy_aware_oec.html))

- ENERGY STAR for government ([http://www.energystar.gov/index.cfm?c=government.bus\\_government](http://www.energystar.gov/index.cfm?c=government.bus_government))

- U.S. Department of Energy (<http://www.energysavers.gov/>)

- State Energy Conservation Office – Texas (<http://www.seco.cpa.state.tx.us/>)

- Energy Conservation Tips for the Office (<http://www.therenewableplanet.com/environmentally-friendly-products/energy-conservation/>)

- eHow Money ([http://www.ehow.com/list\\_5902928\\_energy-conservation-tips-workplace.html](http://www.ehow.com/list_5902928_energy-conservation-tips-workplace.html))

# Army Ball celebrates nation's strength, remembers the fallen

By Lt. Col. Antwan C. Williams  
ARSOUTH Public Affairs

With the theme of "America's Army: The Strength of the Nation," service members from the Fort Sam Houston and Joint Base San Antonio community celebrated the 236th Army Birthday June 17 at the Marriott Rivercenter Hotel in downtown San Antonio.

The birthday ball celebrates the anniversary of June 14, 1775, when the U.S. Army was first established to defend the nation.

This year's ball was hosted by Lt. Gen. Guy C. Swan III, commanding general, U.S. Army North; Maj. Gen. Simeon G. Trombitas, commanding general U.S. Army South; and Maj. Gen.

Reuben D. Jones, deputy commanding general for operations, U.S. Army Installation Management Command.

This year, ARNORTH,

ARSOUTH and IMCOM decided to jointly host the Army's birthday together in one large consolidated event.

"We are a witness

tonight to the presence of an extended family," said Command Sgt. Major Neil Ciotola, IMCOM command sergeant major.

Not only were there Soldiers from ARNORTH, ARSOUTH, IMCOM and the Army medical community, including the Southern Regional Medical Command and Brooke Army Medical Center's new commander, Maj. Gen. M. Ted Wong present, but a large number of service members from the other branches of the U.S. Armed Forces were in attendance.

Ciotola said America's Soldiers and its Army are a recognized strength of the nation, but he also encouraged the ball attendees to "recognize the importance and strength of all the U.S. Armed



Photos by Lt. Col. Antwan C. Williams

(From left) Staff Sgt. Joseph C. Hansen, 525<sup>th</sup> Military Police Battalion and Spc. Ethan J. Berry, 56th Signal Battalion, are congratulated by Maj. Gen. Simeon G. Trombitas, commanding general U.S. Army South. Berry, ARSOUTH's Soldier of the Year, and Hansen, ARSOUTH NCO of the Year, escorted and presented the birthday cake to Lt. Gen. Guy Swan III, commanding general, U.S. Army North, the senior ranking officer present.

Forces" and all the service members in the Joint Base San Antonio area.

As the command ser-

geant major spoke to an audience of more than 500, an empty chair sat

See ARMY BALL, P13



Pfc. Kyle L. Fischer (left), 470th Military Intelligence Brigade and Col. Daniel S. Berliner (right), ARSOUTH command surgeon, assist Lt. Gen. Guy C. Swan III, commanding general, U.S. Army North, in cutting the Army birthday cake Fort Sam Houston/Joint Base San Antonio Army Birthday Ball June 17. Fischer was the youngest Soldier present at the ball, while Berliner was the oldest Soldier.



NEC from P4

it is important to us,” said Mario LaMaestra Jr., NEC director. “It’s recognition for all the hard work that everyone has done here and will

continue to do for years to come.” Col. Mary Garr, 502nd Mission Support Group commander, also praised the NEC workforce. “Think how far you have come, from being

the Fort Sam Houston DOIM [Directorate of Information Management] to the Fort Sam Houston NEC; going from a garrison to the 106th Signal Brigade,” Garr said. “At the same time this post

has gone through the largest transformation in its history, with almost \$3 billion in construction. “You all have done tremendous job,” the colonel added. “I want

to thank you and make sure that you are recognized in public forms, so other people on Fort Sam can really start to understand and hopefully appreciate the value of your support.

“Our motto is ‘one military, one team’ and that’s what we all are collectively,” Garr concluded. “I am very proud to be on your team and I appreciate having you on our team.”

PATRICK from P1

line via the 602nd Training Group (Provisional) at Army training sites across the country and provides a 24-hour, 7-day operations center for pre- and post-deployment support. In 2007, Second Air Force was given responsibility to provide curricula

and advice to the Iraqi Air Force as it stands up its own technical training and branch specific basic training among others. This mission is known as “CAFTT” for Coalition Air Forces Technical Training. Patrick will replace Maj. Gen. Mary Kay Hertog at Keesler AFB. Hertog will become Director,

Sexual Assault Prevention and Response Office, Office of the Undersecretary of Defense for Personnel and Readiness, Washington, D.C. Brig. Gen. Theresa C. Carter, Director of Installations and Mission Support, Headquarters Air Mobility Command, Scott Air Force Base, Ill., will

assume command of the 502nd ABW/JBSA. Carter entered the Air Force in September 1985 as a distinguished graduate of the Air Force Reserve Officer Training Corps program at Purdue University. A career civil engineer, she has served in a variety of positions at the base, major command

and Air Staff levels, and commanded a civil engineer squadron, mission support group and an air base wing. Her contingency experience includes service in support of Operation Desert Shield, and command of a civil engineer unit in support of Operation Southern Watch. In

1997, she was named the Air Force Senior Civil Engineer Manager of the Year. A change of command ceremony will be conducted at 9 a.m. July 18 on MacArthur Parade Field at Fort Sam Houston. (Source: 502nd Air Base Wing)

ARMY BALL from P12

at a small round table with a lit candle at the front of the dining room symbolizing Ciotola’s earlier comment that “fallen comrades will never be forgotten.” During his remarks,

Ciotola asked the youngest Army enlisted Soldier, NCO and commissioned officer present to come forward to the center of the dining room and he spoke directly to each of them, strongly encouraging them to remember the unity and strength of

our nation and Army. He also recognized and thanked service members from the U.S. Navy, Marines and Air Force and a delegation of Mexican military personnel and their spouses present at the ball by stating “you honor us

with your presence.” During the ball, ARSOUTH announced the selection of their Soldier of the Year, Spc. Ethan J. Berry, 56th Signal Battalion and Noncommissioned Officer of the Year, Staff Sgt. Joseph C. Hansen, 525th Military

Police Battalion. Berry and Hansen escorted and presented the birthday cake to Lt. Gen. Swan, the senior ranking officer present. In keeping with tradition, the oldest and youngest Soldier present at the ball assisted Swan

with cutting the traditional birthday cake. Pfc. Kyle L. Fischer, 470th Military Intelligence Brigade, was the youngest Soldier and Col. Daniel S. Berliner, command surgeon for ARSOUTH, was the oldest Soldier present at the ball.

# 470th MI Brigade supports certification exercise for signals intelligence teams

By David Sula

470th Military Intelligence Brigade

After three months of non-stop activity, five signals intelligence teams completed their training during a certification exercise in May with the support of the 470th Military Intelligence Brigade and the Intelligence and Security Command Detention Training Facility it operates at Camp Bullis.

The four-member teams consisted of Soldiers from the 297th Military Intelligence Battalion from Fort Gordon, Ga., who will soon deploy to Afghanistan in support of Operation Enduring Freedom.

These teams were required to fulfill both the Low Level Voice Intercept and SIGINT Terminal Guidance (STG) mission sets. LLVI teams are responsible for monitoring radio traffic, direction finding and providing early warning and force protection to supported combat units. SIGINT Terminal Guidance teams utilize sophisticated collection equipment to locate and target high-value individuals.

During the seven-day exercise, the teams honed their skills on the use of multiple collection and communication systems in realistic tactical conditions.

Six observer-trainers from the brigade's 717th MI Battalion, based at Lackland Air Force Base, worked with the teams around the clock to share their experience and monitor their actions during the exercise.

"The [717th] Soldiers who were out here did a great job working with the teams and making sure they are ready for this deployment," said Lt. Col. William Conner, 297th MI Battalion commander. "They are a big part of the success we had here."

On a typical day, teams would move from three to 10 kilometers over difficult terrain, with rucksacks weighing up to 100 pounds, to reach



A Soldier on a signals intelligence team takes a position during a certification exercise on Camp Bullis in late May.

their collection sites. They would then spend anywhere from six to 24 hours monitoring radio traffic and reporting any intelligence gathered to their Tactical Operations Center.

After returning to their "base" next to the IDTF, the teams had just a few hours to submit collection reports to the center and conduct resupply before they received their next mission and moved out again.

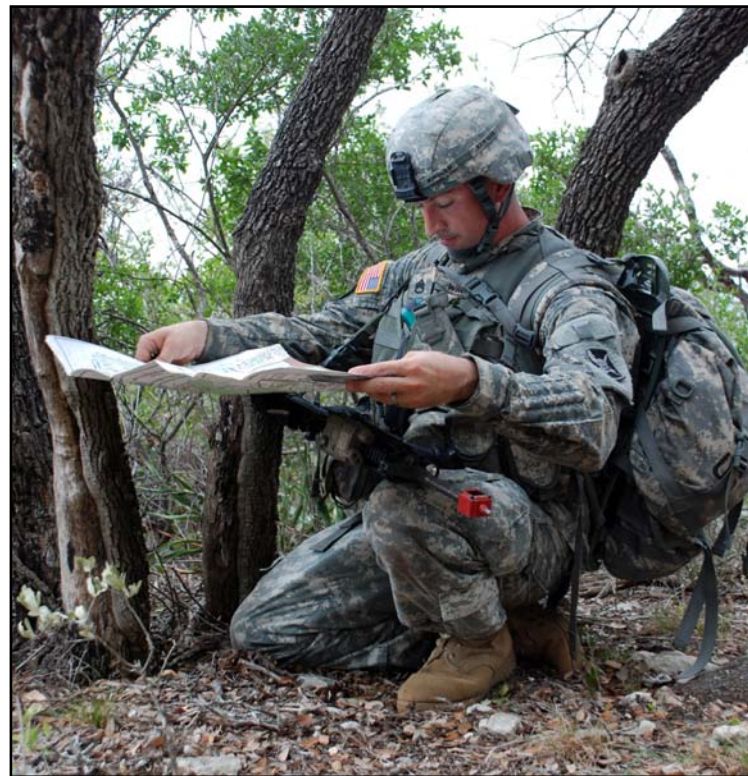
"The more they learn here, the better off they will be down range," said Capt. Andrew Fulton, company commander of the 297th MI Battalion Soldiers participating in the exercise. "This is the first time the teams have been able to use a lot of this equipment and work with interpreters."

Prior to arriving at Camp Bullis, the team members had never trained with interpreters. This added a whole new level of complexity to the



Photos by Gregory Rippes

Two Soldiers from the 297th Military Intelligence Battalion signals intelligence team move rapidly across an open space on Camp Bullis during their certification exercise.



A Soldier on a signals intelligence team checks map coordinates during a certification exercise on Camp Bullis in late May.

mission and planning for the Soldiers, as the interpreter must be able to move with the teams.

This was the second time that the IDTF has conducted a collective SIGINT training event on Camp Bullis.

"We provided a realistic threat and signals environment for the teams to conduct their intelligence operations," said Mark Stanley, who leads the IDTF staff. Each exercise is tailored to the training unit and is designed to be as realistic as possible, even recording all of the radio traffic in the native language. The 297th MI Battalion has already begun making plans for their next training event in conjunction with the 470th MI Brigade.

*(Sula is a Booz Allen consultant.)*



(From left) Capt. David Fulton, 297th Military Intelligence Battalion company commander, and Lt. Col. William Conner, battalion commander, review locations on a map of Camp Bullis during the certification exercise for five of their signals intelligence teams.



# CONGRATULATIONS COLE CLASS OF 2011!



## Cole's 2011 graduates earn \$6.4 million in scholarships

By Jayne Hatton

Associate Superintendent  
Fort Sam Houton Independent School District

Sixty-one seniors of Robert G. Cole High School's Class of 2011 were honored in a graduation ceremony June 3 at the Scottish Rite Auditorium in downtown San Antonio.

Earning a total of \$6,483,737 in scholarship offers, Cole graduates were offered 138 scholarships, with 44 from private organizations, 75 from colleges and universities and 19 from the Reserve Officers Training Corps.

"Each individual graduate is honored during the Cole graduation ceremony as high school achievements and post graduation plans are announced," said Dr. Gail Siller, superintendent. "A video tribute, created by students, also honors our graduates."

Student Council President Valeri Michna, Senior Class President Meagan Rush and Valedictorian Megan Renz provided a tribute to the senior class titled, "The Past, Present, and Future." Salutatorian Katelyn Juni provided the farewell speech.

Valeri Michna, student council president, explored the past in her speech. "Learn from the mistakes you've made and cherish the priceless memories you have obtained."

Meagan Rush, senior class president, provided a view of the present sharing her advice of "Don't compare yourself to the best others can do but do the best you can do to reach your potential."

Valedictorian Megan Renz shared a view of the future in her speech to Cole graduates and their families.

"Let us make every effort to use our talents to make a difference, wherever and whenever we can. Let us work to meet the needs of others to the best of our abilities, and God willing, help make the world a better place in the process," Renz said.

"We must say farewell to childhood and forge ahead into our future," said



Juni, Cole salutatorian, in her farewell speech. "Our teachers gave us the knowledge, our friends the understanding, and our family the unconditional love that has supported us thus far in our lives. We must now make our own way in this world, and they must let us go."

"Because we are a small district, it

is possible for the parents of the 31 honor graduates to present their honor medals to their students personally," Siller said. "It's a very special moment for the families."

Summa Cum Laude honor graduate status was earned by Katelyn Juni, Taylor Kane, Valeri Michna, Gretchen Newcomer and Megan Renz, each of

whom maintained a grade average of 100 or above for grades nine through 12.

Magna Cum Laude honor graduate status was achieved by Stephanie Aviles, Rachelle Greene, Tyler Hallstrom, Carlton Hogan, James Larsen,



# SCHOLARSHIP OFFERS

**Rashad Anderson** - Southern Wesleyan Scholarship, George Gervin College Extravaganza Scholarship and Greater Love Missionary Baptist Church Scholarship

**Haylee Averett** - Major General Russell Czerw Leadership Scholarship and University of the Incarnate Word Deans Scholarship

**Stephanie Aviles** - Army ROTC Scholarship to William Marsh Rice University, Army ROTC Scholarship to Texas Christian University, Army ROTC Room & Board Scholarship, Navy ROTC Scholarship University of North Carolina, Baylor University Merit Scholarship, Furman University Achiever Scholarship, Texas Christian University Founder's Scholarship, Texas Society Sons of the American Revolution Enhanced JROTC Winner, Puerto Rican Heritage Society "Hector Mendez Scholarship" and Veteran's of Foreign Wars Scholarship

**Jordan Bell** - Army ROTC Scholarship to Baylor University, Army ROTC Scholarship to Citadel, Robert Morris University Chicago Academic Distinction Scholarship, Baylor University Deans' Gold Scholarship and Yellow Ribbon Program

**CJ Christman** - St. Mary's University Bordeaux Scholarship and 3-year Army ROTC to St. Mary's University

**Amber Corral** - Jonathan Baldwin Turner Scholarship and University of the Incarnate Word Distinguished Scholar Award

**Sydney Dunstan** - Culinary Arts Green Table Scholarship

**Dominique Edmonds** - St. Mary's University Bordeaux Scholarship, Army ROTC Scholarship St. Mary's University and Army ROTC Scholarship Wake Forest University

**Ashley Erickson** - Army ROTC Scholarship to the University of San Francisco, Army ROTC Scholarship to the University of the Incarnate Word, The University of the Incarnate Word Distinguished Scholar Award, The University of Northern Colorado National Bear Tracks Scholarship, Veteran's of Foreign Wars Scholarship and Rufus C. Pryor III Memorial Scholarship

**Sheyondra Evans** - Army ROTC Scholarship to Texas State University, Army ROTC Scholarship to The University of Texas at San Antonio, Army ROTC Scholarship to Baylor University, The University of Texas at San Antonio Roadrunner Scholarship, The University of the Incarnate Word Dean's Scholarship, Baylor University Merit Scholarship and University of Texas at Arlington Outstanding Freshman Scholarship

**Rachelle Greene** - Spouses' Club of Fort Sam Houston Scholarship, Cougar Pride Club Fine Arts Scholarship and University of New Hampshire Opportunity Scholarship

**Tyler Hallstrom** - Knox College Browning Scripps Scholarship, Knox College VIP Scholarship, Knox College Scholarship, Monmouth College Achievement Award and Cougar Pride Club Athletic Scholarship

**Carlton Hogan** - Rufus C. Pryor III Memorial Scholarship

**Katelyn Juni** - Cottey College Trustee Scholarship, Cottey College Academic Scholarship, Cottey College State Scholarship, Gustavus Adolphus College Dean's Scholarship, Gustavus Adolphus College President's Scholarship, Gustavus Adolphus College Evelyn Anderson Theater Scholarship, Gustavus Adolphus Paul Rucker Scholarship, Gustavus Adolphus Tuition Scholarship, Gustavus Adolphus Corundum Scholarship, Barry University Award, Robert Morris University Chicago Faculty Scholarship, San Antonio College Academic Decathlon Scholarship, University of Evansville Dean's Scholarship and Cougar Pride Club Academic Scholarship

**Taylor Kane** - Robert Morris University Chicago Faculty Scholarship, The King's College New York Presidential Scholarship, Cougar Pride Club Fine Arts Scholarship and Combined Theater Arts and Food Science Scholarship

**Ashton Lagutchik** - Angelo State University Carr Presidential Scholarship

**Jake Larsen** - Yellow Ribbon Program



N'Dea Spivey, Shey Evans, Ashley Erickson and Hayley Averette count the minutes until graduation.



Principal Isabell Clayton presents Megan Rush with the Cole coin presented to each senior.

Courtesy photos



Shelby Tallent accepts a ceremonial four-year Navy scholarship check from Commander Nora Perez during a ceremony May 26.



Shelby Tallent, Meagan Rush and Valeri Michna, technology interns pose with their mentor Dr. Roland Rios.



Amber Sears and Gretchen Newcomer smile in anticipation of graduation.





Lucilla Vasquez accepts her diploma from Deborah Seabron, FSHISD school board president.



Shane Alfieri, Lovelia Gomez, Amber Stout and Tim Sharpe provide color guard for the Senior Awards ceremony.



Megan Renz accepts a scholarship from D.A.R. Green Mountain Boys Chapter.



Calvin and Elaine Williams present their son, Taylor Williams, with the honor metal at the Robert G. Cole Graduation ceremony June 3 at the Scottish Rite Auditorium.



Ron Hubbert joins others in recognizing Academic Decathlon team members Ryan Swan, Shelby Tallent, Kathlyn Juni and Taylor Kane during a ceremony May 26.

## SCHOLARSHIP OFFERS

**Rebecca Lavender** - Central Michigan University Board of Trustees Honors Scholarship and Central Michigan University President's Award

**Wesley McGhee** - Emmanuel College Trustee Award, Texas Wesleyan University Ram Award and Johnson & Wales University Presidential Academic Scholarship

**Valeri Michna** - Sam Houston State University Scholars Scholarship, Sam Houston State University High School Relations Scholarship, Baylor University Merit Scholarship and Senior Sponsor Scholarship

**Domonique Mincey** - University of the Incarnate Word Achievement Award and Veteran's of Foreign Wars Scholarship

**Gretchen Newcomer** - St. Mary's College Notre Dame Presidential Scholarship for Academic Excellence, Xavier University Trustee Scholarship, Valero Alamo Bowl Scholarship, Cougar Pride Club Athletic Scholarship, Spouses' Club of Fort Sam Houston Scholarship, Alamo Chapter of the United States Army Past President's Scholarship, Military Officers Association of America Alamo Chapter and Lt. Col. Edward and Mrs. Ruby Marvin Scholarship

**Megan Renz** - Baylor University Regents' Gold Scholarship, Baylor University Regents' Gold Scholarship Supplement, Scholarships for Military Children Scholarship, Cougar Pride Club Academic Scholarship, Daughters of the American Revolution - Green Mountain Boys Scholarship, San Antonio Express-News Student of the Month, Spouses' Club of Fort Sam Houston Scholarship and Arkansas State University Beyond Boundaries Scholarship

**Meagan Rush** - St. Louis University Scholarship, Senior Sponsor Scholarship and University of the Incarnate Word Distinguished Scholar Award

**Autumn Schofield** - Mrs. Jackie Stott Memorial Scholarship

**Amber Sears** - University of the Incarnate Word Distinguished Scholar Award

**N'Dea Spivey** - Senior Sponsor Scholarship

**Colton Svabek** - United States Military Academy Preparatory School

**Ryan Swan** - United States Naval Academy Preparatory School

**Shelby Tallent** - United States Merchant Marine Academy Preparatory School, Army ROTC Scholarship Oregon State University, Army ROTC Scholarship Texas A&M University, Texas A&M Four Year Naval ROTC Scholarship (Tier 1), Texas A&M University Corps of Cadets Scholarship, Texas A&M Community Connections Scholarship, Texas A&M Sul Ross/Corps Scholarship, Texas A&M Regents Scholarship, Texas A&M Academic Scholarship, Barry University Award, Baylor University Merit Scholarship, North Georgia College & State University, Major General Russell Czerw Leadership Scholarship, Maribeau B. Lamar Medal of Excellence Scholarship and University of the Incarnate Word Distinguished Scholar Award

**Lucy Vasquez** - Broadway Bank Scholarship and Army ROTC Scholarship to Oklahoma State University

**Kayanna Wade** - Army ROTC Scholarship to Colorado State University, Baylor University Merit Scholarship, Baylor University Provost's Gold Scholarship, Colorado State University Dean's Scholarship, Colorado State University Provost's Scholarship, Veteran's of Foreign Wars Scholarship, Alamo Chapter of the United States Army, General Guy S. Meloy, Jr. Scholarship and Central Michigan University Board of Trustees Honors Scholarship

**Luke Walton** - Central Michigan University President's Award, Baylor University Merit Scholarship, Baylor University Deans' Gold Scholarship and Wendy's High School Heisman Award

**Ryan Wiersma** - Menlo College Dean's Scholarship, Central Michigan University Board of Trustees Honors Scholarship, Texas Lutheran University Academic Excellence Award, Concordia University Luther Scholarship, Senior Sponsor Scholarship and Prairie View A&M University Distinguished Achievement Scholarship





Courtesy photos

William Mudd and Santana Montoya prepare to graduate June 3 at the Scottish Rite Auditorium.



Samuel Joshua Boorse, Jefferson Macariola and Ryan Shaale ready for the ceremony to begin.



Carlton Hogan, Tim Hogan, Dallas Mazak and Robert Weppelman ready for the ceremony to begin at the Scottish Rite Auditorium



Miranda Grant and Justin Debouvier enjoy time together before the start of the ceremony.



Tyler Hallstrom, Lucas Walton, Ryan Wiersma and Jordan Bell display a sense of humor prior to graduation.



Portia Meyers, Taylor Williams and Dejanne Holloway backstage for graduation ceremony.

## COLE from P15

Rebecca Lavender, Meagan Rush and Kayanna Wade. These students maintained a grade point average of 96 to 99 for all classes taken during their four-year high school career.

Eighteen Cole students graduated with Cum Laude honors, which is a distinction earned by those students who maintain a grade point average of 90 to 95 for all classes taken during their high school career.

Cum Laude grades included Haylee Averett, Jordan Bell, Charles Christman, Amber Corral, Dominique Edmonds, Ashley Erickson, Sheyondra Evans, Ashton Lagutchik, Dallas Mazak, Domonique Mincey, Amber Sears, N'Dea Spivey, Ryan Swan, Shelby Tallent, DeVanté Terrell, Lucas Walton, Ryan Wiersma and Taylor Williams.

Also graduating were seniors Rashad Anderson, Samuel Boorse, Krista Bryson, Jovan Canel, Amiee Cantrell, Andrew Davidson, Justin DeBouvier, Sydney Dunstan, Miranda Grant, Alyssa Greene, Tyler Hardy, Michael Hogan, DeJaneé Holloway, Henry Lauten, James Lloyd, Jefferson Macariola, Wesley McGhee, Portia Meyers, Santana Montoya, William Mudd, Tiffany Rhodes, Axel Laracuenta, Amanda Rodriguez, Brittany Schaale, Ryan Schaale, Autumn Schofield, Colton Svabek, Brandon Thomas, Lucilla Vazquez and Robert Weppelman.

Special guests attending included Dr. Michael Soto, State Board of Education member, District 3; Lt. Gen. Guy Swan III, commander, U.S. Army North; Maj. Gen. M. Ted Wong, commander, Southern Regional Command and Brooke Army Medical Center; Col. Mary Garr, commander, 502nd Mission Support Group, along with Fort Sam Houston Independent School District Board of Trustees' members Deborah Seabron, Dr. Eustace Lewis, Jane Crow, Keith Toney and Jeanne Warren.

"The Scottish Rite Auditorium is a beautiful, historic building that was designed at a time when accessibility was not a consideration," said Isabell Clayton, Cole High School principal. "Through the generosity of the Hispanic Contractors Association of San Antonio; Optrix, Inc; Path Enterprises; RSC Equipment Rental; River City Steel & Recycling, Inc; Texas Auto Carriers, Inc; Texas Towing Corporation; Universal Toyota and Westbrook Metals, Inc. a ramp was constructed and transported to the auditorium to provide accessibility for our parents, family and community members."



# Fort Sam Houston swimmers jump into the record books

By Deyanira Romo Rossell  
502nd FSS Marketing

With room to spare in the Olympic-size Fort Sam Houston pool and in 100-degree heat, 97 children, eight instructors and three life guards swam, splashed and kicked their way into the Guinness Book of World Records June 14.

"It was pretty crazy. There were a lot of kids," said Cory Sheaffer, one of the Fort Sam Houston Aquatic Center life guards who kept watch over the record-breaking event.

The children jumped into the Aquatic Center pool at the same time as several thousand other children worldwide who were part of the "World's Largest Swimming Lesson" and, just as importantly, young ambassadors for the importance of learning to swim at an early age.

"They were just ecstatic about it," said Amanda Ballew, Aquatic Center Recreation Assistant who organized the event at Fort Sam Houston.

"I was really excited about the idea, because it emphasizes the importance of teaching children to swim," Ballew added. "It's a great reminder for parents and children about water safety."



Aquatic Center instructor Aaron Brown helps Malia Barker improve her skills and confidence in the water during the World's Largest Swimming Lesson.

According to the Centers for Disease Control and Prevention, about 10 people die every day from unintentional drowning. Of these, two are children aged 14 or younger.

Drowning is the sixth leading cause of unintentional injury death for people of all ages, and the second leading cause of death for children ages 1 to 14 years.

On Fort Sam Houston, the message that learning to swim and being safe around water rippled through the pool as children learned to glide through the water and to flip on their back to call for help.

The World's Largest Swimming Lesson serves as a plat-

form to help local community aquatic facilities and the many national, regional and statewide water safety and drowning prevention organizations work together to tell their story on a local and national level.

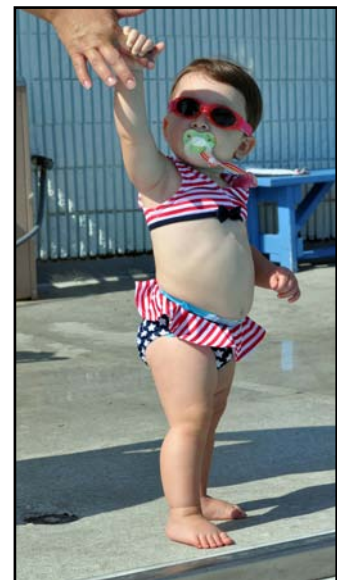
There are still some slots available for swim lessons at the Aquatic Center, as the Fort Sam Houston community continues to work toward a safe summer for everyone. For more information, call 221-4887.



Tom Fullmer, Miguel Ceron, and Javierre Jones jump into the arms of instructor Kaitlin Sheridan – and the record books – during the World's Largest Swimming Lesson at the Aquatic Center.



(Left) Aquatic Center director Dave Waugh teaches Anaiah Charles how to float on her back, an important swimming skill for new swimmers.



Thirteen-month-old Allyson Moren, the youngest participant in the World's Largest Swimming Lesson, may not walk yet, but made it into the Guinness Book of World Records as a swimmer.

Photos by Deyanira Romo Rossell

Fort Sam Houston swimmers, instructors and life guards line up and wait for the whistle to jump into the record books at the Aquatic Center June 14.



## BOSS PAINTBALL

Pfc. Travis Foushee from the 401st Military Intelligence Battalion ducks behind a barrel at the inaugural BOSS Paintball Tournament at Krossfire Paintball in Floresville June 10.

The event is one of many scheduled for service members, their families, DOD civilians and guests. For more information on upcoming BOSS events, call 221-4242.

Photo by Spc. Mary Velis



## METC from P6

on the project, who worked with the Corps to assure an on-time, high-quality product for Fort Sam Houston.

The facility also features natural lighting and a air conditioned climate to keep service members motivated as they pursue their fitness goals.

"They come in here as Soldiers, Sailors, Marines and Airmen, but they leave here as teammates," Garr said.

The fitness center is open Monday through Friday from 5 a.m. to 2 p.m. for all Fort Sam Houston service members, their families and DOD cardholders. For more information, call 313-8727.

## Edwards Aquifer Level

in feet above sea level  
as of June 22

**CURRENT LEVEL \* = 641.4'**

\*determines JBSA water conservation stage

**Normal - above 660'**

**Stage I - 660'**

**Stage II - 650'**

**Stage III - 642'**

**Stage IV - 640.5'**

**Stage V - 637'**



# PandaMania at Fort Sam Houston



**Courtesy photos**

Children from pre-school to sixth grade participated in the Fort Sam Houston "PandaMania" Vacation Bible Study June 5-9. Each day, kids participated in small groups, called crews, and explored Psalm 139. Children played team-building games, sing Bible songs, did crafts and enjoyed tasty treats. Randolph Air Force Base held their VBS June 13- 17 and PandaMania is planned, July 11-15 at Lackland Air Force Base.

**BAMC from P3**

methamphetamines and only available with a prescription by a physician.

Schedule III Drugs - include anabolic steroids, codeine, Ketamine, Hydrocodone with aspirin, and Hydrocodone with Acetaminophen and only available

with a prescription.

Schedule IV Drugs - These include Valium, Xanax, and Phenobarbital and only available with a prescription.

Schedule V Drugs - Includes such drugs as cough suppressants with codeine. These drugs are only available with a prescription at BAMC pharmacies.

Martinez suggests that, if people of customers have questions about the new MEDCOM policy or their medication classification, check with physician before visiting the pharmacy.

With the new changes in the refill policy, the new state-of-art robotic dispensing system will also be in place to

improve patient’s safety and service.

“In the next month, we are scheduled to implement a new state-of-art robotic system to improve patient safety and accuracy of prescription orders,” said Lt. Col. Robert Conrad, BAMC assistant chief of Pharmacy.

The system will pro-

vide robotic medication dispensing, easy-to-read prescription labels to include line drawings and description of medications, bar-coded workflow management, electronic prescription scanning and a required patient signature to ensure they received their full order.

“With the new tech-

nology in place, patients can present their prescriptions to the drop-off window and a pharmacy staff member will call them to the pickup window when the prescriptions are completed,” Conrad added. “The patient will no longer need to stand at the counter while their medications are filled.”

**SAUSHEC from P10**

Capt. Eric Meyer and Capt. Ian Ward were presented Major John H. Gillespie Intern Awards. The Major David S. Berry Resident Awards went to Capt. Brett Davies and Capt. Erin Keyser. The

newly named Col Donald Null Fellowship awards were presented to Capt. Stephanie Mathew and Lt. Col. Todd Vento. Shikera L. Holmes was named the outstanding program coordinator, while Maj. Kaustubh Joshi and Dr. Gea Miller

were selected for the newly named Lt. Gen. P. K. Carlton Faculty Awards.

Finally, the Col. John D. Roscelli Award was presented to Col. Clinton Murray, the outstanding program director.

In a special ceremony,

physicians from Wilford Hall and Brooke Army Medical Centers selected Col. (Dr.) Robert De Lorenzo, chief of BAMC’s Department of Clinical Investigations, for the 2010 Gold-Headed Cane Award. The Gold Headed Cane Society selects one

faculty member each year based on all-around excellence in the field of medicine. The award was presented to Colonel De Lorenzo by Green, Hepburn, and Wong.

Other 2010 Gold-Headed Cane Award nominees were Col.

(Dr.) Duane Hospenthal, BAMC Infectious Disease; Col. (Dr.) Woodson Jones, 59th Medical Wing Graduate Medical Education; Col. (Dr.) Kurt Grathwohl, BAMC Anesthesiology; and Lt. Col. (Dr.) Clinton Murray, BAMC Infectious Disease.



Force Support Squadron

Family & MWR

Announcements

Circus Tickets

The MWR Ticket Office at Sam Houston Club, Building 1395, Chaffee Road, is selling discounted tickets for the Ringling Bros. and Barnum & Bailey Circus, which runs June 29 - July 4 at the Alamodome. Call 226-1663.

Driver's Education Course

Classes for children ages 14-18 are Monday-Friday, July 18-Aug. 8 from 5 -7 p.m. at Family Childcare, Modular 1630 A, Sultan Road. Register at Army Community Service, Building 2797, 2010 Stanley Road. Students must provide a verification of enrollment form from their school. Call 221-4871.

Men and Women's Intramural Sports

Coaches and players are needed for flag football, basketball, soccer and softball. Register at the 32nd Medical Brigade Gym, Building 1281, Garden Road. Call 221-3003 for information.

EDGE! Summer Fun and Activities

Now registering children in first through 12 grades for various activities. To register, call 221-4871 or visit <https://webtrac.mwr.army.mil>.

Outdoor Movie Nights

**June 24**, "Life as We Know It" at the flagpole

**June 25**, "Megamind" at Dodd Field

**July 8**, "The Green Hornet," rated PG-13, at the flagpole

**July 9**, "Gnomeo and Juliet" at Dodd Field

**July 22**, "Battle: Los Angeles" rated PG-13, at the flagpole

**July 23**, "Yogi Bear" at Dodd Field

All movies begin at dusk around 8-8:30 p.m. The movie time will get later as daylight remains longer. Bring chairs or blankets and enjoy free popcorn, snow cones and cotton candy. Call 221-2418/2704.

BOSS Joint Base Weekend Getaway at Canyon Lake

Aug. 5-8, \$70 per person, includes room and meals. Must be 18 or older to participate, payment due by July 15. Call 221-4242.

Junior Golf Clinics

Register now for junior golf clinics held 9-11 a.m., July 11-15 and Aug. 8-12 at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. Cost is \$100 per student. Call 222-9386.

Bowling Specials

Specials include Wednesday nights, all you can bowl from 5-9 p.m. for \$20. AIT students can bowl for \$1 per game and \$1 shoe rental, Tuesdays from 11 a.m. to 9 p.m. at the Fort Sam Houston Bowling Center, Building 2521

Schofield Road. Call 221-3683.

Canyon Lake Annual Pass

An annual pass to the Joint Base San Antonio Recreation Park at Canyon Lake is \$50. This pass gets you into both the east and west sides of the park. Otherwise, the daily entry fee for the park is \$5 per visit, per vehicle. Annual passes include a vehicle and boat/trailer pass and are valid for one year from date of issue. Annual pass holders are not charged the boat launch fee. Call 1-800-280-3466.

Nathan's Hot Dogs at the Club

Tuesday- Friday from 11 a.m.-1 p.m., purchase a hot dog, chips and soda for \$3.25 at the Sam Houston Club, Building 1395, Chaffee Road. Call 224-2723.

Learn to Swim

Register children 6 months to 16 years old for swimming lessons. Cost is \$40 per child. Call 221-1234.

Story Time at the Library

The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

Cattfish Pond at Camp Bullis

Camp Bullis has opened the pay-as-you-go cattfish pond. Cattfish are \$2 per pound (live weight). No fishing license required. Pole rental is \$1. Call 295-7577.

Language Classes

English as a Second Language

classes are held Monday and Wednesday 5-7:30 p.m. and Spanish classes are held Tuesday and Thursday 5-7:30 p.m. at the Roadrunner Community Center, Building 2797, for military I.D. cardholders. To register, call 221-1372/2705.

2011 Army Arts & Crafts Contest

Now through June 30 enter your best 2-D and 3-D original art or craft at <http://www.atrs.armymwr.com>. Categories include 2-D drawings, oil base paintings, water base paintings, digital art, 3-D ceramics, fibers, glass, metals, jewelry, woods and mixed media.

Healthy Recipe Contest

Now through June 30 send

See MWR, P24

### MWR from P23

your favorite healthy recipes to <http://www.usafhealthyrecipes.com>. Find the right recipe to win in one of three prize categories, plus a daily special prize and grand prize. Prizes up for grabs include an iPad, iTunes gift cards, movie passes and more.

#### Microsoft Office Classes

June 28 – Word Level 3  
June 29 – Access Level 1  
June 30 – Publisher  
Classes are 8 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-2518/2705.

### Calendar of Events

#### June 23

##### Power Outage at Jimmy Brought

The Jimmy Brought Fitness Center will experience a scheduled power outage, 8:30-11:30 a.m. During this time, operations will temporarily shutdown, including Kids on Site child care. Call 221-1234.

#### Stress Management

The class is 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. Call 221-0349.

#### EFMP, Autism Workshop

The workshop is 1-2 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0600/2418.

#### Safety Seat Clinic

The clinic is 1-3 p.m. at the Auto Craft Shop, Building 2410 Funston Road. Registration is required and the child must be present for weight and height measurements. Call 221-0349.

#### A Midsummer Knight's Read Activities

Keith A. Campbell Memorial Library will have activities from 1-4 p.m. Call 221-4702/4384 or visit the library at 3011 Harney Path.

#### June 24

##### Baby Proofing Your Marriage

The class is 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349.

#### Battlemind Pre-Training for Families

The class is 10 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

#### June 25

##### 3D Archery Shoot

Register from 8-10 a.m. Event will be held 8 a.m.-1 p.m. Fees are \$15-16/competitive archers and \$10/non-competitive archers. Individuals must supply their own bows and arrows. Call Camp Bullis Recreation Center at 295-7577.

#### June 27

##### Unit Trauma Training

The training is 9 a.m.-2 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

#### Consumer Awareness

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

#### June 28

##### FRG Leadership Academy

The training is June 28 and 29, 8 a.m.-4 p.m. at the Roadrunner Community Center Building 2797. To register, call 221-1829/0946.

#### General Resume Class

The class is 9 a.m.-noon at the Roadrunner Community Center, Building 2797. To register, call 221-0516/2418.

#### Newcomer's Extravaganza

The event, 9:30-11 a.m. at the Sam Houston Club, is mandatory for all permanent party in-processing Soldiers, lieutenant colonel and below, within 60 days of their arrival to Fort Sam Houston. The extravaganza is an opportunity to learn about Fort Sam Houston and the San Antonio area as well as meet representatives from various organizations, programs and businesses. Call 221-2705/2418.

#### H.U.G.S Playgroup

This group for parents and children up to 5 years old meets

Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road Building 2515 for interactive fun play. Registration is not required. Call 221-0349/2418 for information.

#### Baby Talk

This new parents support group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Light snacks and drinks are provided. Call 221-0349/0655.

#### Mandatory First PCS Move

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

#### June 29

##### Mandatory Initial First Termer Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

#### New Parent Support Orientation

The event is 2-3:30 p.m. at the Roadrunner Community Center,

Building 2797. If you are expecting a baby, or a parent of a child up to age 3, you are eligible for this free program. Call 221-0349/0657.

#### June 30

##### Walking Tour of Downtown San Antonio

The tour departs at 8:45 a.m. from the Roadrunner Community Center, Building 2797.

#### Mandatory Initial First Termer Financial Readiness

The class is 10 a.m.-noon at the Roadrunner Community Center, Computer Lab Building 2797. To register, call 221-1612.

#### July 1

##### Dive In Movie

"How to Train Your Dragon," will begin at dusk at the Fort Sam Houston Aquatic Center, Building 3300, Williams Road. Call 221-4887.

#### July 6

##### BOSS Meeting

The meeting is 1:30 p.m. at Benner Barracks, Building 272. Call 221-4242 for information.



Have feedback for a post customer service provider?

Go to the Interactive Customer Evaluation Web site at: <http://ice.disa.mil> and voice your opinion today



## Announcements

### Logistics Officer Association Scholarship

The Alamo Chapter of the Logistic Officer Association is accepting applications for the 2011 scholarship program. All Enlisted Personnel and DOD Civilians up to GS-09, seeking advancement in a logistics related career field are encouraged to apply. All application packages must be received by June 27. Call 652-9433 or visit <http://www.loanational.org/chapters/index.php?id=46>.

### Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

### Holiday Children's Story Contest

The U.S. Air Force Band of the West is hosting a Holiday Children's Story Contest. The story must be 800-1000 words and include one of the following themes: "A Hero's Holiday Wish," "A Patriotic Holiday" or "Holiday Traditions." The contest winner will have an original

composition commissioned to be performed at Holiday in Blue 2011 performances. All submissions are due by June 17. This contest is open to all San Antonio residents. Send submissions to [band.media@us.af.mil](mailto:band.media@us.af.mil) or 1680 Barnes Ave. Lackland AFB, TX 78236.

### Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

### Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve

Chapter of the Sergeant Audie Murphy Club meets the third Thursday of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

### Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-

2210 for information.

### Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340. To claim items, you must have a form of photo identification and be able to identify the property.

## Calendar of Events

### June 26

#### AUSA Golf Tournament

The Alamo Chapter, Association of the United States Army, will host the 14th Annual "For the Soldier" Golf Tournament at 11:30 a.m. at the Fort Sam Houston Golf Course. To sign up as a team or individually, visit the Fort Sam Houston Golf Course or <http://www.alamochapterausa.org>. Call 421-7782 for information.



**For Sale:** Two-night stay at Fiesta Inn & Suites, 4934 NW Loop 410 near Lackland Air Force Base, valued at \$140, purchased and cannot use, \$75. Call 657-0584.  
**For Sale:** Samsung 32-inch flat screen TV, \$165; Garmin Nuvi GPS, \$40; Vera Wang wedding flutes, \$30; Coach purse with matching wallet, \$60; 26-inch by 33-inch lithograph framed glass color painting, \$40; Jack Georges leather briefcase, \$150; designer dog bed, \$30; 48-inch antique oval mirror on stand, \$75 obo. Call 313-0061.





**Photo by Deyanira Romo Rossell**

Jacob and Riley Brown dig into a bag of dirt at the Keith A. Campbell Memorial Library to create their own medieval herb garden. The children are enjoying the weekly activities hosted by the library as part of their summer reading program, "A Midsummer Knight's Read."

## Kids are really diggin' summer reading

**By Deyanira Romo Rossell**  
502 FSS Marketing

Water and dirt don't usually mix with shelves of library books, but for this summer's medieval quest at the Keith A. Campbell Memorial Library, the staff made an exception.

Summer readers dug into a bag of dirt and planted their own medieval garden June 16, one of the activities in a stellar line up for "A Midsummer Knight's Read."

This year the staff

joined all the Department of Defense libraries worldwide in promoting the same theme, prizes and activities for readers, young and old.

"I like that summer reading has a medieval theme. It really catches the kids' attention," said Carrie Brown, who helped her two children, Jacob and Riley, plant their gardens.

Sixty-one children took their turn at making their own garden.

Local guest speaker, retired Air Force Col.

Paul Smith, will teach the children about medieval weaponry June 23.

"The summer reading program is running at a steady pace. We have 330 enrollees," said Robbye Durham, supervisory librarian at the Keith A Campbell Memorial Library. "We encourage more people to please discover your library this summer!"

For more information, contact the library staff at fshlibrary@conus.army.mil or call 221-4702/4387.

## REMINDER CALENDAR

- June 24** Outdoor Movie Night, "Life As We Know It," 8:30 a.m., post flagpole
- June 25** Outdoor Movie Night, "Megamind," 8:30 p.m., Dodd Field
- June 26** Army Surgeon General's Gazebo Concert, 7 p.m.
- June 28** Newcomers Extravaganza, 9:30-11 a.m., Sam Houston Club
- June 29** 470<sup>th</sup> MI Brigade Change of Command, 8:30 a.m., MacArthur Parade Field
- June 30** Consolidated Monthly Retirement Ceremony, 9 a.m., FSH Quadrangle
- July 1** Warriors Monthly Golf Scramble, 1:30 p.m., FSH Golf Course
- July 4** 4th of July Salute to the Union, 11:30 a.m., FSH main flagpole



**Main Post Chapel, Building 2200, 221-2754**  
**Catholic Services:**  
4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays  
**Protestant Services - Sundays:**  
8:00 a.m. - Collective Protestant  
11:00 a.m. - Collective Protestant  
**Jewish Services: 379-8666 or 493-6660**  
8:00 p.m. - Fridays - Worship and  
8:30 p.m. - Oneg Shabbat

**Dodd Field Chapel, Building 1721, 221-5010 or 221-5432**  
**Catholic Services:**  
9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays  
12:30 p.m. - Mass - Sundays  
**Protestant Services:**  
10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided  
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided  
**Samoan Protestant Service:**  
8:00 a.m. - Sundays

**Web site: <http://www.samhouston.army.mil/chaplain>**

**Brooke Army Medical Center Chapel, Building 3600, 916-1105**  
**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - Sundays  
**Protestant Services:**  
10:00 a.m. - Worship Service - Sundays  
**Episcopal/Lutheran Rite services:**  
12:30 p.m. - Traditional worship - Thursdays

**Center for the Intrepid, first floor, 916-1105**  
**Christ for the Intrepid services:**  
5:30 p.m. - Coffee and fellowship - Sundays  
6:00 p.m. - Contemporary worship - Sundays

**AMEDD Regimental Chapel, Building 1398, 221-4362**  
**32nd Medical Brigade Student services**  
**Catholic Mass:** 8:00 a.m. - Sundays  
**Contemporary Protestant Service:** 9:30 a.m. and 11:01 a.m. - Sundays  
**Muslim Jumma:** 1:30 p.m. - Fridays

**Installation Chaplain Office, Building 2530, 221-5007**  
**Church of Jesus Christ of Latter Day Saints:**  
8:30 a.m. - Sundays

Rocco Dining Facility Menu

Building 2745, Schofield Road

*Dining Room Breakfast Hours:*  
*Monday-Friday 6:15-8:15 a.m., weekends and holidays 8-9:30 a.m.*

**Friday – June 24**  
**Lunch –11 a.m. to 1 p.m.**  
Chicken gumbo soup, cream of mushroom soup, oven fried chicken, barbecued spareribs, meat loaf, broccoli quiche, lemon fish, mashed potatoes, macaroni and cheese, rice pilaf, corn on the cob, collard greens, pinto beans  
**Dinner – 5 to 7 p.m.**  
Savory chicken breasts, Swiss steaks, barbecued chicken, tuna and noodles, eggplant parmesan, Kansas medley rice blend, mashed potatoes, okra and tomato gumbo, California blend

**Saturday – June 25**  
**Lunch – noon to 1:30 p.m.**  
Beef rice soup, cream of potato soup, turkey patties, lemon pepper fish, barbecued beef cubes, cheese tortellini marinara, lyonnaised potatoes, orzo with lemon and herbs, green beans, honey Dijon vegetables

**Dinner – 5 to 6:30 p.m.**  
Buffalo chicken, gyros, pepper steak, sweet potatoes, black beans and corn, oven browned potatoes, caviar medley rice blend, spinach,

**Sunday – June 26**  
**Lunch – noon to 1:30 p.m.**  
Chicken noodle soup, corn chowder soup, chicken parmesan, beef teriyaki, grilled pork chops, broccoli-rice and cheese, steamed rice, O'Brien potatoes, vegetable stir fry,  
**Dinner – 5 to 6:30 p.m.**  
Grilled steaks, chicken cordon bleu, hamburgers, cheeseburgers, chicken sandwiches, grilled cheese sandwiches, vegetarian burgers, baked potatoes, sauteed mushrooms and onions, broccoli, mixed vegetables,

**Monday – June 27**  
**Lunch – 11 a.m. to 1 p.m.**  
Creole soup, cream of broccoli soup, meat loaf, cranberry-glazed chicken breasts, , chicken lasagna, Italian rice and beef, Italian broccoli pasta, lyonnaised potatoes, rice pilaf, collard greens,

cauliflower, French-style green beans  
**Dinner – 5 to 6:30 p.m.**  
Roast turkey, meatball stroganoff, baked stuffed Pollock, vegetable lasagna, egg noodles, cornbread dressing, mashed potatoes, stewed tomatoes, herbed broccoli

**Tuesday – June 28**  
**Lunch – 11 a.m. to 1 p.m.**  
Old fashioned bean soup, cream of mushroom soup, roast pork tenderloin, turkey chili macaroni, shrimp jambalaya, cheese ravioli, Italian roasted potato wedges, wild rice, LA-style smothered squash, California blend vegetables, peas  
**Dinner – 5 to 7 p.m.**  
Pepper steak, honey-ginger chicken breasts, Creole pork chops, whole wheat cheese pizza, mashed potatoes, steamed rice, Brussels sprouts parmesan, corn O'Brien

**Wednesday – June 29**  
**Lunch – 11 a.m. to 1 p.m.**  
Cream of potato soup, vegetable soup, beef stir fry, oven baked fried chicken, lemon baked fish, breaded pork fritters, pasta primavera, mashed potatoes, steamed rice, broccoli combo, fried cabbage

**Dinner – 5 to 7 p.m.**  
Cantonese pork spareribs, catfish fillets, chicken tetrazzini, chicken breasts with mushrooms and onions, Japanese vegetable stir fry, mashed sweet potatoes, fried rice, mixed vegetables, tangy spinach, green beans, steamed rice

**Thursday- June 30**  
**Lunch – 11 a.m. to 1 p.m.**  
Asian stir fry soup, cream of chicken soup, baked turkey and noodles, Salisbury steaks, turkey patties with onions, sweet and sour pork, vegetable curry with rice, redskin potatoes, steamed rice, fried rice, carrots, Brussels sprouts,  
**Dinner – 5 to 7 p.m.**  
Fish amandine, beef lasagna, Cornish hens, vegetable lasagna, orzo with spinach, tomato and onion, mashed potatoes, green bean combo, Chinese fried cabbage  
*Menus are subject to change without notice*